Respiratory Hygiene

WHAT?

Respiratory hygiene is an effort by individuals to prevent transmission of infectious illnesses between each other by way of respiratory effluent.

HOW?

Respiratory Covering lesser to better

WHY?

ETHICS

Thou shalt not cause bodily physical harm to others without just cause. Spreading an infection to others can cause such harm, so you should avoid spreading infections to others. If you have a respiratory infection you may be spreading its germs while breathing and talking. Wearing a face mask can suppress respiratory effluent while breathing and talking. Therefore, you should wear a mask if you believe you have a respiratory infection.

WHEN?

You should always cover coughs & sneezes, but your ethical obligation to mask is proportional to your risk to others.

Am I infectious?	Wear a mask?
yes	must
maybe	ought
no	needn't

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A Framework for Personal Respiratory Ethics @ http://doi.org/10.13140/RG.2.2.17954.71363